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# FINDING SERENITY IN THE QUIET OF YOUR BREATH

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*Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.*

Regardless how wonderful life is, I can at times get caught up in its momentum and become anxious or overwhelmed. This is when the best thing I can do for myself is to find serenity in the quiet of my own breath. I tend to overbook my schedule regularly, and especially over the course of this year while things haven't been going so wonderfully, I'm finding the value in slowing down and finding myself. One of the key takeaways I've learned in my meditation journey is that being comfortable in the quiet of my own mind is a true blessing. If you can find peace in yourself, you can meditate comfortably anywhere and everywhere. This is one reason I can't recommend the **Gateway Voyage** enough. It's a foundational program that gets you in the routine and provides the right tools to comfortably meditate using the Monroe method from anywhere!

While I love meditating with the Expand app, when I'm looking to find peace within, I'll often meditate in silence so I can hear and focus on my breath. After all, and as I've said before, it always comes back to this. So I get comfortable, relax my body one section at a time, and begin to focus on my breath.

I feel my chest lightly rise and then fall back down, and I try to be mindfully active in this. Next, I'll hear the gentle sniff of my inhale and the gradual release of the exhale. Adding senses is a great way to engage it, first by feeling it and then by hearing it. Sometimes, to get into a nice, relaxed trance, it can help to say "inhale" in your mind as you breathe in and "exhale" in your mind as you breathe out. If you have trouble staying focused on your breath, this is a nice gentle way to do it.

When I do this, as I lay back and focus on hearing the gentle sounds of my breath coming in and going out of my body, a sense of peace and clarity comes over me. I allow my own energy to heal my body as I just exist in space and time. I feel the serenity and harmony that comes from just being alone with myself and my breath in silence. It's a powerful and impactful silence that feels like a healing oasis in a world full of chaos.

Generally, I prefer meditating with audio-guided help **from the Expand app** because I love working with strongly set intentions. But part of knowing yourself is knowing when you need to lay low and just *exist* in your own space for a while. There's nothing wrong with taking a few days to meditate in the silence of your own cocoon, with the quiet rhythm of your breath to guide you. If you've never done so, I highly recommend it. It's helped me often during difficult times. It's a great exercise to invite in peace and clarity.